



AUSTRALIA

30 DAYS, 30 LAYS!

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steal the #1 habit of ridiculously happy people!

what he *really* thinks about your weight loss

why we all want to be friends with **kate hudson**

sack the wedding planner!

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get great hair today...

tomorrow...

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the secret is on p130

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30 DAYS OF HEALTH & WELLNESS JUNE 2011

RCP

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## Wig out

Celeb hairstylist Heath Massi shares his tips on mastering the wig.

- 1 "For long hair, we do a 'wrap section'. Part hair and plait two braids, then wrap each braid around to the top of your head and secure with bobby pins. This will evenly distribute the bulk of the hair.
- 2 Shorter, shoulder-length hair can be tied in a pony or bun. Then put on a wig cap or cut up a stocking to fit over the hair.
- 3 Start at the front when putting on a wig. This will make it easier to see what you're doing and also retain tension better."

## WHIP YOUR HAIR ...

... back and forth with these easy-as (and cash-friendly) extensions.

### Long jump

Adding inches to your ends has never been simpler - or faster. Here's how:

1 Separate the top section of your hair away from the rest (from the ears upwards) and fasten in place.

2 Lightly tease the roots (with a fine-tooth comb) where you're intending to insert the extensions, and

then clip them in place along the part you've made.

3 Release the top section of your hair and arrange naturally over the extensions.

### My little pony

Don't wait for hair to grow, lengthen your ponytail now!

1 Pull your hair back from your face into either a bun or small ponytail.

2 Insert the mini-comb into the base of your ponytail, then wrap the faux hair around your own and fasten.

3 Take the separate piece of hair attached to the base of the hairpiece, and wrap it around the join several times.

4 Once you've secured it with a bobby pin, you're ready to go!



1. Hairdo 22" Clip-In Layered Straight Vibralite Extension in Golden Wheat, \$119.95. 2. Hairdo 22" Clip-In Layered Straight Vibralite Extension in Dark Auburn, \$119.95. 3. Headlines Hairpieces Balayage Hairpiece in Light Brown/Blonde, \$158.40. 4. Headlines Hairpieces Curly Hairpiece in Blonde, \$79.20. 5. Hairdo Tru2Life Wrap-Around Pony in Chestnut, \$59.95. 6. Hairdo Tru2Life Wrap-Around Pony in Sandy Blonde, \$59.95.

Redken Straight Lissage Align 12 Protective Straightening Lotion, \$36.50

**= smooth**



VS Sassoon Total Curl, \$42.95

Garnier Thermo-Active Curl Control, \$7.95

**= curly**

Cloud Nine Straightening Iron, \$270, 1300 294 247

Remington Salon Pro Salon Collection, \$63.95

## hairithmetic

The sums of different looks.

Sebastian Whipped Crème Light Conditioning Style Whip, \$39

**= waves**



VS Sassoon Wave Magic, \$62.95



ghd Natural Bristle Radial Brush, \$34

L'Oréal Professionnel TecniArt Volume Riche Mousse, \$25

**= volume**

### BEAT THE HEAT

Heated tools aren't the enemy, thanks to the truckload of heat-protecting products available. Some even work *with* heat to repair as the product warms up. They generally have light formulas, which means they can be combed through the hair from root to tip, preventing all-over damage from a hairdryer and concentrated heat from a tong or straightener. □



1. Matrix Biolage Thermal-Active Repair Gloss, \$29. 2. Redken Color Extend Sun Shimmering Defense Protective Lotion, \$28. 3. Redken Heat Styling Iron Silk O7 Ultra Straightening Spray, \$28.95.

**treatment**

4. Pantene Pro-V Nature Fusion Intensive Penetrating Treatment, \$7. 5. One 'n Only Argan Oil Treatment, \$34.95.





## SULTRY EYES

Put a stop to bad photos! Create endless combinations and effects with these pearlescent Australis Paparazzi Perfect eyeshadows, \$15.95 RRP. Formulated with light-reflecting properties and enriched with jojoba and grape seed oil, they'll provide you with hydrated lids for that just-applied glow.



## PIRATE MOVIES

Attention movie geeks, *Pirates Of The Caribbean* fans, and closet Barbie lovers. Celebrate the release of new film *Pirates Of The Caribbean: On Stranger Tides* with these "pirate" Barbiedolls, based on the characters of Captain Jack Sparrow and Angelica. Both dolls capture the quintessential pirate look, from boots to hat!

## STYLE ACCELERATOR

Exude style, sleekness and femininity with the new professional Silver Bullet Keratin Accelerator Hair Straighteners. With their ability to stabilise heat up to 230°C, they're perfect for all hair types. Plus, with the 110mm plates, you get the results you want in half the time. For stockists, visit [datelinecity.com](http://datelinecity.com)



## NISSAN IN ACTION

With the smallest turning circle in its class, excellent fuel economy, MP3 compatibility and Bluetooth, the Nissan Micra is one super-smooth car. For more of its stylish features, see [micralane.com.au](http://micralane.com.au)



## MAXIMISED COMFORT

Banish your daggy undies once and for all with a pack of U by Kotex® Ultrathins, \$5.09 RRP. With wider wings and an improved absorbent core, these pads are perfect for your sexiest underwear.



## MISS RUBY



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